



WHATSheATE



Chocolate-Pecan Chess Pie

READY IN



125 min.

SERVINGS



8

CALORIES



784 kcal

DESSERT

Ingredients

- ☐ 2 oz baker's chocolate unsweetened
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 1 tablespoon plus light
- ☐ 2 large eggs
- ☐ 5 oz evaporated milk canned ()
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1.5 cups pecans

- ☐ 14.1 oz pie crust dough refrigerated
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract divided

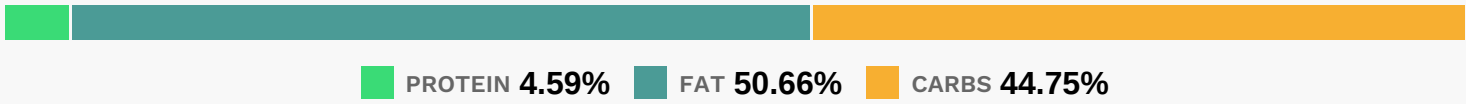
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Roll piecrust into a 13-inch circle on a lightly floured surface. Fit into a 9-inch pie plate; fold edges under, and crimp.
- ☐ Microwave butter and chocolate squares in a large microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in evaporated milk, eggs, and 1 tsp. vanilla.
- ☐ Stir together granulated sugar and next 3 ingredients.
- ☐ Add sugar mixture to chocolate mixture, whisking until smooth.
- ☐ Pour mixture into prepared crust.
- ☐ Bake pie at 350 for 40 minutes. Stir together pecans, next 2 ingredients, and remaining 1 tsp. vanilla; sprinkle over pie.
- ☐ Bake 10 more minutes or until set.
- ☐ Remove from oven to a wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:27.71, Inflammation Score:-6, Nutrition Score:14.640434801579%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 7.25mg, Catechin: 7.25mg, Catechin: 7.25mg, Catechin: 7.25mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 13.9mg, Epicatechin: 13.9mg, Epicatechin: 13.9mg, Epicatechin: 13.9mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 784.4kcal (39.22%), Fat: 45.88g (70.59%), Saturated Fat: 16.28g (101.78%), Carbohydrates: 91.22g (30.41%), Net Carbohydrates: 86.08g (31.3%), Sugar: 60.19g (66.88%), Cholesterol: 82.14mg (27.38%), Sodium: 377.89mg (16.43%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Caffeine: 9.98mg (3.33%), Protein: 9.35g (18.7%), Manganese: 1.54mg (77.04%), Copper: 0.61mg (30.47%), Iron: 3.8mg (21.13%), Vitamin B1: 0.31mg (20.98%), Fiber: 5.13g (20.53%), Phosphorus: 201.64mg (20.16%), Magnesium: 73mg (18.25%), Zinc: 2.31mg (15.38%), Vitamin B2: 0.26mg (15.2%), Selenium: 9.95µg (14.22%), Folate: 53.39µg (13.35%), Calcium: 106.37mg (10.64%), Vitamin B3: 1.91mg (9.55%), Vitamin A: 476.34IU (9.53%), Potassium: 322.58mg (9.22%), Vitamin B5: 0.75mg (7.48%), Vitamin E: 1.04mg (6.91%), Vitamin K: 6.24µg (5.94%), Vitamin B6: 0.11mg (5.56%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.27µg (1.78%)